

Patient Connection

114 S. Witchduck Road
Suite 201
Virginia Beach, VA
23454

OFFICE CLOSED WEEK OF July 2nd
REOPENING July 9th

July 2012

Volume 1, Issue 6

Summer sippers can be traumatic for teeth

Brain Floss:

- Chewing parsley after eating a fragrant meal can lessen the odors in your mouth afterwards.
- Changing your toothbrush every three months minimizes germs and optimizes results!
- Vanilla is the most popular ice cream flavor in the US. Some varieties cleanse the palate.
- The *Lippa dulcis* plant is about 1,000 times sweeter than sugar and doesn't cause cavities.

Relaxing on a summer day means time at the Oceanfront, a BBQ on the deck and a cold lemonade or sweet tea with some friends. It's the casual setting we all know and love. But it's a love-hate relationship for your teeth.

Drinking lemon juice either as lemonade, a tea flavoring, or water picker-upper could put you at risk for tooth erosion. Tooth erosion is a condition where the thin, protective layer of enamel slowly wears away from your teeth. Lemon juice contains acid, which irritates gums and softens tooth enamel.

Frequent consumption of these products will eventually destroy the enamel and expose underlying [dentin](#), leaving your teeth vulnerable to [sensitivity](#) and [tooth decay](#). "This erosion takes time, a long time really. It's not like you're putting whole lemons right on your teeth or gums," Dr. Dooley ex-



plains. Any acidic food or drink can contribute to enamel dental erosion, and you should be aware of how much acid you're consuming on a daily basis. Some of the foods and beverages that cause enamel erosion include:

- Orange, apple and grapefruit juice
- Fruits and vegetables: citrus, tomatoes and pickles
- White wine
- Soda
- Sports drinks
- Tea and Coffee

Stomach acid is harmful, too. Heartburn, belching or a

sour taste in your mouth are also signs that stomach acid may be escaping into your oral cavity. There are over the counter remedies for the stomach acid, but consider the source of the acid before just treating the symptoms. Stomach acid is powerful enough to destroy your teeth, and your condition can lead to a plethora of other physical problems.

Ask Dr. Dooley if your enamel is showing signs of severe erosion, and what the next step in your treatment should be.

Inside this issue:

- Obamacare & Dentistry 2
- Drink Dangers 1
- Assurant Welcomed 1
- Dates to Remember 2
- We debut our new look! 2
- Brain Floss 1
- July Birthdays 2

Now serving Assurant PPO patients

Just this week, United Concordia Companies (UC) informed our office of some wonderful news we're excited to share with you!



Because of a new agreement between UC and Dental Health Alliance, LLC, we are now pleased

to accept patients with many Assurant dental plans. This means that Total Care Dentistry and Dr. Mary T. Dooley are now "in network" for Assurant Employee Benefits PPO members. Assurant offers many dental benefits through local employees and to individuals..Dr. Dooley is proud to be a premier provider for Delta Dental also. Metlife Tricare

patients have also enjoyed some increased benefits this fiscal year. In the coming months your employer may be changing your dental coverage options. Be sure to ask us to help you see through the sea of paperwork you'll surely face. Communication and a little help understanding your dental benefits are a big component in your smile!

Healthcare Reform and dental care coverage

On Thursday, June 28th, millions of Americans watched, listened for and read the much anticipated Supreme Court decision on "Obamacare." Worrisome about a decision either way, many people feel the plan has overlooked dental care.

Here are the facts. According to press releases available on the White House's website, the Reform Act contains a provision for children's dental care after 2012. There is no individual mandate for dental care. Therefore, you will not be required to have a dental care plan, like you will most likely be required to have one for medical issues.

"Your best insurance will always come from yourself, good brushing and flossing will keep your teeth and gums in good health," says Total Care dentist, Dr. Mary Dooley. "If we all learn to take the best care possible of our teeth from a young age, many of our dental problems would be eliminated." Health care critics have cited this for the reason dental care is not more fully addressed in The Act. It remains to be seen what reaction dental insurance companies will have once the legislation takes effect. You can be sure we all will be watching, listening, and reading again.

Total Care Dentistry Mary T. Dooley, DDS

114 S. Witchduck Road
 Suite 201
 Virginia Beach, VA 23464

Phone: 757-486-4880

Fax: 757-486-4881

E-mail:

office@drdooleydental.com

Did you hear? Our office has moved! Dr. Dooley is now seeing patients in her Witchduck Road location. The new office brings with it, now hours. We will now happily see you on **Wednesdays, and Fridays until 1pm.** Please call our office to schedule your cleaning or treatment plan today!

Dates to Remember Summer 2012

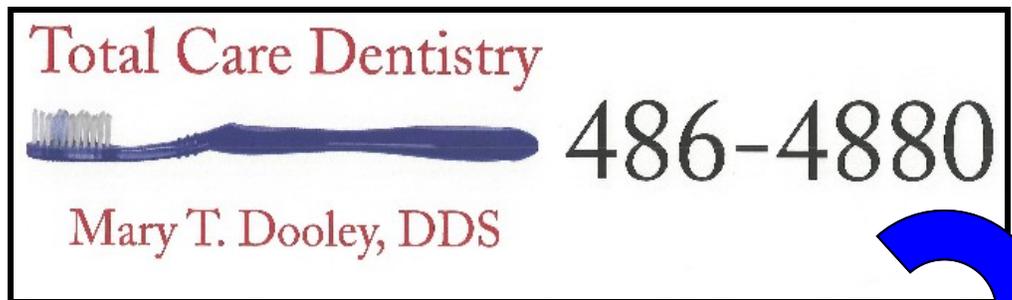
Office Closed: July 2

Independence Day: July 4

Office Reopens: July 9

Chalk the Walk @
 Oceanfront : July 17th

Gem & Jewelry Show @
 VB Convention Center:
 July 13-15



Important policy reminder

Everyone deserves a vacation, and we hope you get to enjoy one this summer. But please, take a second to consider our appointment cancellation policy. Because our office is run by appointment, each visit is prepared for uniquely. It is for this reason that we ask for 48-hours notice when changing an appointment. Appointments cancelled without 48-hours notice will be subject to a cancellation fee of \$75. Please be considerate of our time, and the time of other patients who would have liked your time slot. *Thank you*

A special THANK YOU to all of our patients and friends who voted on our new look! Watch for this new banner when you're trying to find our new office on Witchduck Road. Voting took place the last week of June on our Facebook page. Did you miss it? Be sure to sign up for our emails after your next visit, or call and we'll send a personal invitation.

